



THE LONGEVITY LOCALE

P R E S E N T S

KNEE HEALTH WORKSHOP

THURSDAY JULY 22ND | 7PM-8PM

Whether you enjoy running, jumping, squatting, or any other form of activity, chances are you've dealt with knee pain at one point or another. Dr. Eric Vargas and The Longevity Locale are so excited to bring their first workshop to Fitness Journey, and they're covering the knee! Join us for an hour long workshop to discuss all things knee health.

What we'll cover:

- Relevant anatomy of the knee
- How deficits in knee health can affect squatting, running, jumping, and many other forms of movement.
- Exercises, mobilizations, and soft tissue techniques to help keep your knees healthy and strong.

Training Fee: \$10 Non-members

13628 W 87th Street, Lenexa, Ks 66215

Contact Eric at 913-391-7288



www.longevitylocale.com